

### Week 0-2

#### Aims:

Reduce post-operative pain and swelling.  
Regain full passive and active assisted range of motion.  
Return to activities of daily living to shoulder height

Sling immobilisation for comfort (limit sling use to maximum of one week)

#### Therapeutic Exercise –

- Codman Exercises/Pendulums
- Passive ROM to AAROM as tolerated
- Pulley and cane exercises in all planes of motion (avoiding horizontal adduction)
- Elbow/Wrist/Hand Range of Motion and Grip Strengthening
- Isometric Scapular Stabilisation

\*Ice/cryocuff 15min 4x/day for first week

### Week 3-6

#### Aims:

Controlled restoration of active range of motion. Progressive rotator cuff and scapular strengthening.

Progressive to full active ROM as pain allows

#### Therapeutic Exercise –

- AROM in all cardinal planes – assessing scapular rhythm
- Gentle shoulder mobilizations as needed
- Rotator cuff strengthening in non-provocative positions (0° - 45° abduction)
- Scapular strengthening and dynamic neuromuscular control
- Cervical spine and scapular AROM
- Postural exercises
- Core strengthening

\*Avoid repetitive overhead activities

### Week 7-8

#### Aims:

Progress to resisted strengthening program.  
Regain full rotator cuff strength.  
Improve scapulohumeral control.

No restrictions on range of motion or activities

#### Therapeutic Exercise –

- Multi-plane AROM with gradual increase in velocity of movement - assessing scapular rhythm
- Gentle shoulder mobilisations as needed
- Rotator cuff strengthening at 90° abduction, provocative positions and work/sport specific positions
- Scapular strengthening and dynamic neuromuscular control in overhead positions and work/sport specific positions
- Cervical spine and scapular AROM
- Postural exercises
- Core strengthening

\*If failing to progress through rehabilitation stages, consideration given to subacromial corticosteroid injection to settle post-operative inflammation

### Week 9-12

#### Aims:

Focus on returning to all activities without pain or restrictions

#### Therapeutic Exercise –

- Multi-plane AROM with gradual increase in velocity of movement, assessing scapular rhythm
- Shoulder mobilizations as needed
- Rotator cuff strengthening in at 90° abduction, provocative positions and work/ sport specific positions - including eccentric strengthening, endurance and velocity specific exercises
- Scapular strengthening and dynamic neuromuscular control in overhead positions and work/sport specific positions
- Work and sport specific strengthening
- Core and lower body strengthening
- Throwing program, swimming program or overhead racquet program as needed